

What is claimed is:

1. An exercise device wearable by a human user, comprising:  
a mounting element adapted to be secured to a torso of the user;  
one or more resistance units connected to the mounting element, each  
5 resistance unit attached to a cord having an engagement interface at least one end;  
and  
at least one cord-positioning structure comprising a shaft having a point  
of attachment to the mounting element and having one or more cord guides  
connected thereto, each cord-positioning structure adapted to provide the one or more  
10 cord guides in a position located rearward of the user, downward relative to a waist  
level of the user, and, optionally, outward relative to a spine of the user;  
wherein the device is adapted to provide resistance to a full, natural  
forward arm swing of the user.
2. The device of claim 1, wherein the engagement interface is  
15 adapted to engage or be engaged by an arm or hand of the user and the resistance  
unit is mounted on the mounting unit.
3. The device of claim 1, wherein the resistance is adjustable.
4. The device of claim 1, wherein the mounting element comprises  
a belt.
- 20 5. The device of claim 1, wherein each cord guides comprises a  
pulley.
6. The device of claim 1, wherein the position of the cord guides is  
adjustable.
7. The device of claim 6, wherein the position of the cord guides is  
25 adjustable via adjustment at the point of attachment to the mounting element.
8. The device of claim 7 comprising a hinge at the point of  
attachment of each shaft to the mounting element that allows pivotable adjustment of  
each shaft.
9. The device of claim 8, wherein the hinge is adapted to allow  
30 positioning of the shaft into a substantially vertical position when the device is not in

use.

10. The device of claim 6, wherein the position of the guide is adjustable via axial adjustment of a portion of the cord-positioning structure.

5 11. The device of claim 1, wherein the cord-positioning structure comprises a resilient member.

12. The device of claim 11, wherein the resilient member engages the mounting element at the point of attachment.

13. The device of claim 1, wherein each resistance unit is adapted to provide frictional resistance.

10 14. The device of claim 13, wherein each resistance unit comprises a reel.

15. The device of claim 1, wherein each cord is inelastic.

16. The device of claim 1, wherein each cord is elastic.

15 17. The device of claim 1, comprising a single cord-positioning structure.

18. The device of claim 17, wherein the single cord-positioning structure comprises a crosspiece attached to and substantially perpendicular to the shaft, the crosspiece having a left end with a left cord guides attached thereto and a right end with a right cord guides attached thereto.

20 19. The device of claim 1, wherein the one or more resistance units comprises a single reel mounted to the mounting element, in which the cord has engagement interfaces at both ends.

25 20. The device of claim 1, wherein the one or more resistance units comprises two reels mounted to the mounting element, each reel having a cord with an engagement interface adapted for engagement by one of the user's arm or hands.

21. The device of claim 1, wherein the resistance unit is adapted to engage or be engaged by an arm or hand of the user and the engagement interface is mounted to the mounting element, the cord-positioning structure, or one of the cord guides.

30 22. The device of claim 1, wherein the cord-positioning structure has a length and a width, and wherein one or both of the length and the width is or are

adjustable

23. An exercise device wearable by a human user, comprising:

a belt adapted to be secured to a torso of the user;

5 two reels connected to the belt, each reel comprising a frictional resistance unit having a cord attached thereto at a first end of the cord with a user engagement interface at a second end of the cord; and

10 a cord-positioning structure comprising a shaft with a perpendicular crosspiece, the shaft having a pivotable attachment to the belt and the crosspiece having opposite ends and a cord guides connected to each end such that the cord guides are positioned rearward of the user, downward relative to a waist level of the user, and, optionally, outward relative to a spine of the user; the pivotable attachment adapted to allow positioning of the shaft in a substantially vertical position when the device is not in use;

15 wherein the device is adapted to provide resistance to a full, natural forward arm swing of the user.

24. A method of exercising comprising:

20 (a) providing an exercise device wearable by a human user comprising a mounting element adapted to be secured to a torso of the user; one or more resistance units connected to the mounting element, each resistance unit having at least one cord attached thereto at a first end of the cord, and an engagement interface at a second end of each cord; and at least one cord-positioning structure comprising a shaft having a point of attachment to the mounting element and having one or more cord guides connected thereto, each cord-positioning structure adapted to provide the one or more cord guides in a position located rearward of the user, 25 downward relative to a waist level of the user, and, optionally, outward relative to a spine of the user; wherein (i) the engagement interface is adapted to engage or be engaged by an arm or hand of the user and the resistance unit is mounted on the mounting unit, or (ii) the resistance unit is adapted to engage or be engaged by an arm or hand of the user and the engagement interface is mounted to the mounting unit, the cord-positioning structure, or one of the guides;

(b) wearably securing the device to the user;

(c) engaging or securing the engagement interface or the resistance unit with or to the arm or hand of the user; and

(d) swinging the user's arms in a natural swinging motion in which resistance to swinging motion is provided by the resistance units over a full forward arm swing of the user.

5           25.    The method of claim 24, wherein the resistance unit is permanently attached to a mounting element and step (b) comprises putting on the wearable item.

          26.    The method of claim 24, wherein the resistance unit is attachable and detachable from the mounting element and step (b) comprises fastening the unit to the mounting element.

10           27.    The method of claim 24 further comprising using the wearable exercise device simultaneously while exercising on other exercise equipment